



BARWELL TRACK OUT X-PRESS PROGRAM- TRACK 2

WEEK OF NOVEMBER 14TH -18TH



TIMES	MONDAY 11/14	TUESDAY 11/15	WEDNESDAY 11/16	THURSDAY 11/17	FRIDAY 11/18
7:30	BSX Activities 7:00AM-8:45AM				
8:00					
8:30					
9:00	Snack	Snack	Snack	Snack	Snack
9:30	Gym Activities Nascar	Gym Activities Cone Dodgeball	Classroom Activities Ace of Spades/ Kid's Choice	Gym Activities Fire, Thunder Lightning	Classroom Activities Lose Your Letter
10:00					
10:30	Art Project Tissue Paper Leaves	Cooking Project : Nacho Cups		Lunch	Art Project Finger Print Turkeys
11:00			Lunch		
11:30	Computers	Free Draw	P/U @ 11:30	Computers	P/U @ 11:30
12:00	Lunch	Lunch	Adventure Landing 12:00-2:00	Lunch	Museum of Natural Science 12:00-2:00
12:30	Quiet Time Activities	Quiet Time Activities		Quiet Time Activities Classroom Activities Magic Carpet	
1:00	Art Expressions Fall Painting	Gym Activities Counselor Choice			
1:30					
2:00	Gym Activities Goat Kick	Classroom Activities Concentration		Return @ 2:30	
2:30					
3:00	Board Games & Creative Play	Outside Activities Capture the flag	Quiet Time Activities	Board Games & Creative Play	Quiet Time Activities
3:30			Board Games		Gym: Spiderball
4:00	ASX Activities				
4:30-6:00					



Fieldtrip



Special Program/Movie



Art/Cooking Project



BARWELL TRACK OUT X-PRESS PROGRAM- TRACK 2 **WEEK OF November 21ST -25TH**



TIMES	MONDAY 11/21	TUESDAY 11/22	WEDNESDAY 11/23	THURSDAY 11/24	FRIDAY 11/25
7:30	BSX Activities 7:00AM-8:45AM				
8:00					
8:30					
9:00	Turkey Day (See flyer at the front desk for more info.)	Snack	Snack	H O L I D A Y	H O L I D A Y
9:30		Gym Activities Eagle and Hen	P/U @ 9:30		
10:00		P/U @ 10:30	AMF Bowling Pleasant Valley 10:00-12:00		
10:30					
11:00		Hillridge Farms 11:30-1:30 Lunch @ Hillridge	Return @ 12:30		
11:30					
12:00			Lunch		
12:30			Quiet Time Activities		
1:00		Return @ 2:30	Art Project Native Hats		
1:30					
2:00		Classroom Activities Categories/ Computers	Board Games & Creative Play		
2:30					
3:00					
3:30					
4:00	ASX Activities				
4:30-6:00					



Fieldtrip



Special Program/Movie



Art/Cooking Project



BARWELL TRACK OUT X-PRESS PROGRAM- TRACK 2
WEEK OF NOVEMBER 28TH – DECEMBER 2ND



TIMES	MONDAY 11/28	TUESDAY 11/29	WEDNESDAY 11/30	THURSDAY 12/1	FRIDAY 12/2	
7:30	BSX Activities 7:00AM-8:45AM					
8:00						
8:30						
9:00	Snack	Snack	Snack	Snack	Snack	
9:30	Gym Activities Four Square	Gym Activities Opposite Ball	Gym: Cross the Ocean	CR: Charades	Gym Activities Mat Ball	
10:00			Art Project Fall Frames	Gym Activities Knock Out		
10:30	Art Project Sun Catchers	CR: Jacks and Marbles		Class Room Activities Kid Choice	Lunch	Cookies Projects Holiday Cookies
11:00		Lunch				
11:30	Computers	P/U @ 11:30	Lunch	P/U @ 11:30	Computers	
12:00	Lunch	Bisque Art 12:00-1:00			Big E Bounce 12:00-2:00	Lunch
12:30	Quiet Time Activities		Quiet Time Activities	Quiet Time Activities		
1:00	Gym Activities Knock Out	Return @ 1:30	Movie TBA			ASX Activities
1:30						
2:00	Free Expressions Free Draw	Gym Activities Hand Ball				
2:30						
3:00	Board Games & Creative Play	Outside Activities TV Tag	Board Games & Creative Play	Classroom Activities Limbo		
3:30						
4:00	ASX Activities					
4:30-6:00						



Fieldtrip



Special Program/Movie



Art/Cooking Project

Barwell Road Track Out

Track 2– Week 1



Welcome back to Track Out!

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

Field Trips & More!

Adventure Landing - Participants will receive tokens for the arcade and will play one event at Adventure Landing. Extra money for snacks or more tokens is optional. 3311 Capital Blvd., Raleigh, NC 27604 (919) 872-1688

NC Museum of Natural Science- From sea life to dinosaurs, we will explore the exhibits at the museum. Special presentations may be offered during the times that we visit. 11 W. Jones St., Raleigh 27601 (919) 773-7450

Since we are licensed facility, please remember the following regarding your child:

- They need to wash their hands upon arrival
 - They will be served milk at lunch
- If they wish to lie down at quiet time, they need to bring a blanket to lay on.

Please remember to send 2 snacks from two food groups, and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the release of your child.



Barwell Track Out X-Press: (919) 329-5994
Director : Carmen Myles/ Assistant Director: Calvin Mitchell

Barwell Road Track Out

Track 2– Week 2



Welcome back Track 2!

Please note that the program is closed on
November 24th & 25th.

Please make note of our art
and cooking projects for this
week. Inform the staff if your
child has any allergies.

Field Trips & More!

Hillridge Farms – Participants will have the opportunity to visit many attractions at Hillridge Farms including a hay ride, giant slide, fish pond, farm animal corral and more! Participants will also pick out a pumpkin from the pumpkin patch! Additional money for the gift shop is optional. We will be outside for most of our trip. Please wear appropriate clothing for cool weather, sunscreen and bring a water bottle. 703 Tarboro Rd, Youngsville, NC 27596 (919) 556-1771

AMF Pleasant Valley Bowling- We're going bowling! Please remember to wear socks! Additional money for concessions is optional. 5501 Commercial Ave., Raleigh NC 27612 (919) 783-0080

For more information regarding our "Turkey Day"
please see the front desk flyer, or ask any track out staff

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Barwell Road Track Out

Track 2– Week 3



Welcome to Track Out!

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

Field Trips & More!

Bisque Art - Participants will use their imagination and creativity at Bisque Art to paint their very own ceramics. Ceramics will be held at the store for firing and will be returned to our Track Out site on Friday for pick up upon your child's departure. 7440 Six Forks Rd, Raleigh, NC 27615 (919) 870-9377

Big E Bounce- Participants will enjoy inflatable rides AND big screen gaming systems all in one place! Socks are required to play on the inflatable rides. 1006 SW Maynard Road, Cary, NC 27511. (19) 469-2273

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